



Mumps

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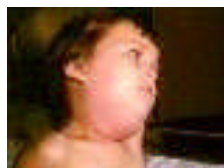
Mumps was a common illness until the mumps vaccine was licensed in 1967. Before the vaccine, up to 200,000 cases of mumps occurred each year in the United States. Since then, the number of cases has dropped dramatically to less than 300 cases a year.

Beginning in December 2005, the state of Iowa began experiencing a large outbreak of mumps. As of April 12, 2006, 605 suspect, probable and confirmed cases have been reported. The majority of cases are occurring among persons 18-25 years of age, many of whom are vaccinated. Additional cases of mumps, possibly linked to the Iowa outbreak, are also under investigation in eight neighboring states, including Illinois, Indiana, Kansas, Michigan, Minnesota, Missouri, Nebraska, and Wisconsin. In addition, the Iowa Department of Public Health has identified two persons diagnosed with mumps who were potentially infectious during travel on nine different commercial flights involving two airlines between March 26, 2006 and April 2, 2006. The origin and arrival cities for these flights include: Cedar Rapids and Waterloo, IA; Dallas, TX; Detroit, MI; Bentonville, AR; Minneapolis, MN; St. Louis, MO; Washington, D.C.; and Tucson, AZ.

It is not known where the outbreak started, however current information indicates that it may have begun on a college campus. Colleges that have group living, dining, studying, and sports areas make disease transmission more likely, and increase the chance of outbreaks. Once started, such outbreaks sometime spread to the community, causing illness in persons who do not attend college. The mumps strain from the cases in Iowa has been identified as the same strain circulating in the United Kingdom (UK). The outbreak in the UK has been ongoing from 2004 to 2006 and has involved more than 70,000 cases. Most UK cases have occurred among unvaccinated young adults. This is not a new or unusual strain and has been circulating globally for decades or longer.

What is mumps?

Mumps is a viral infection that causes fever, headache, and swelling and tenderness of the salivary glands (below the ear.)



Mumps can occur in children, adolescents and young adults who have not received mumps-containing vaccine on or after their first birthday.

What are the symptoms?

About one-third of people infected with the mumps virus have no signs or symptoms. When signs and symptoms do develop, they usually appear about two to three weeks after exposure to the virus and may include:

- Swollen, painful salivary glands on one or both sides of the face
- Pain with chewing or swallowing
- Fever
- Weakness and fatigue
- Tenderness and swelling of a testicle

The primary — and best known — sign of mumps is swollen salivary glands that cause the cheeks to puff out. In fact, the term mumps is an old expression for lumps or bumps within the cheeks.

How is mumps spread?

The mumps virus spreads easily from person to person through infected saliva. If you're not immune, you can contract mumps by breathing in saliva droplets of an infected person who has just sneezed or coughed. You can also contract mumps from sharing utensils or cups with someone who has mumps.

Can mumps be prevented?

Yes. In general, you're considered immune to mumps if you've previously had the infection or if you've been immunized against mumps. Most adults born before 1957 have been infected naturally and are probably immune.

The mumps vaccine is usually given as a combined measles-mumps-rubella (MMR) shot, which contains the safest and most effective form of each vaccine. Doctors recommend that children receive the MMR vaccine between 12 and 15 months of age, and again between 3 and 6 years of age — before entering school.

Military members are screened for measles, mumps, and rubella immunity during initial officer and recruit training. Those without documented immunity receive a MMR booster shot.

While the MMR vaccine is safe and effective for most people, it is not safe for some groups such as pregnant women or women who plan to get pregnant within the next four weeks, or for people who have allergic reactions to gelatin or the antibiotic neomycin. Those people who have cancer or other disease that affects the immune system should discuss this with their health care provider before receiving the vaccine.

Why are mumps cases increasing since most people are vaccinated or have had it when they were kids?

Vaccines vary in how well they protect us from illness. The mumps vaccine is about 95% effective. This means out of every 100 people vaccinated, 95 will be protected. However, the vaccine will not “take” in 5 people, and these people will remain susceptible to the disease. By comparison, the measles vaccine (also part of the MMR vaccine) is about 98% effective. The annual influenza vaccine is about 70-85% effective.

What is the treatment for mumps?

Because mumps is caused by a virus, antibiotics are not an effective treatment. Like most viral illnesses, mumps infection must simply run its course. Fortunately, most children and adults recover from an uncomplicated case of mumps within two weeks' time.

When to seek medical advice?

If you suspect that you or your child has mumps, see your health care provider. Mumps has become an uncommon illness, so it's possible that your symptoms are caused by something else. Swollen glands and a fever could be an indication of inflamed tonsils (tonsillitis) or a blocked salivary gland.

If you have any questions about mumps, please contact your primary care provider.

Additional Information can be found at:

- National Foundation for Infectious Diseases
<http://www.nfid.org/factsheets/mumpsadult.html>
- Centers for Disease Control and Prevention
<http://www.cdc.gov/nip/diseases/mumps/default.htm>
- Medline Plus
<http://www.nlm.nih.gov/medlineplus/mumps.html>

Key Mumps Information:

- Mumps can be prevented with a safe and effective vaccine.
- You cannot get mumps from the mumps vaccine.
- Mumps is contagious from 7 days before to 9 days after the onset of symptoms.
- Approximately one-third of infected people do not have symptoms of mumps.
- Serious complications of mumps are more common among adults than among children.
- Women may be at risk for spontaneous abortions if they get mumps during the first trimester of pregnancy.
- About 1 out of every 3 adolescent or adult men who have mumps may experience painful swelling of the testicles. Sterility rarely occurs.
- Military members' vaccinations – including the mumps vaccination – are up to date.

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